

# FROM HUNTER TO GATHERER

AN INDIGENOUS WOMAN'S JOURNEY FROM OMNIVORE TO VEGAN ACTIVIST & ENTREPRENEUR

A VSH PUBLIC PRESENTATION BY  
**ANTOINETTE ORTIZ-SHARFIN**



**7 P.M., TUESDAY, MAY 14, 2019**

**ALA WAI GOLF COURSE CLUBHOUSE**

OAHU — 404 KAPAHULU AVE., HONOLULU

(AT END OF 0.2 MILE DRIVEWAY BETWEEN GOLF COURSE & WAIKIKI-KAPAHULU LIBRARY)

**7 P.M., THURSDAY, MAY 16**

MAUI—CAMERON CENTER, 95 MAHALANI ST., WAILUKU  
OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.

**T**his storytelling type gathering will share the journey of Antoinette Ortiz-Sharfin who was raised in a small farming community in northern New Mexico and the evolution of her thriving vegan cafe business, “Herbivores” on the Big Island of Hawaii.

**5:30-7:30 P.M., WEDNESDAY, MAY 15**

**Enjoy Dining Out with Antoinette!**

**Simple Joy Vegetarian Cuisine**

1145 South King Street, Honolulu

**\$20.00 (incl. tax & tip).** To RSVP (required), text or call Carol before 9 p.m. at (808) 728-6639. Pay **cash** at restaurant before your meal. (Parties of 3 or more may pay by credit card.)

Meal includes one Summer Roll (1/2 order) *plus* choice of one Entrée (All entrees served with brown rice).

Please specify your entrée choice when RSVPing):

1) *Thai Curry* —tofu, eggplant, carrot, cabbage, onion and mushrooms. Cooked with coconut milk and curry spice. 2) *Veggie Feast*—pan fried vegan fish with ginger, sauteed mushrooms, and garlic, with green beans. 3) *Mixed Vegetables with Tofu and Ginger*, including a variety of stir-fried vegetables and shiitake mushrooms with a gravy sauce.

Note: Dining event only. Proceeds go to meal providers, not to VSH.

**A**ntoinette Ortiz-Sharfin grew up next door to her grandfather's farm in a pristine valley in Northern New Mexico. After her mother's passed away, ending a 12-year battle with breast cancer, she began a healing journey which led her to Alaska where her husband worked as a commercial longline fisherman, and eventually to the Big Island of Hawaii, where they now run their vegan cafe businesses together.

**FREE Admission & Refreshments**



**Vegetarian Society of Hawaii**

**Join us!**

For more information:  
call 944-VEGI (8344) or visit  
[www.vsh.org](http://www.vsh.org).